

You Surely Have a Long Neck

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Short Description

“Mean words don’t get along with friendliness. If you make sure your heart is pure and honest, mean words can never enter it.”

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I was raised to always have my revenge; to respond to bad behavior with bad behavior. I was raised to compete; to constantly compare myself to others around me. My sense of self-worth was bound to my achievements.

But what happened when I started responding to "bad" behavior with kindness? It was challenging at times, but I soon learned that just like any other skill, the more I practiced, the more I was improving. Above all, what inspired me to keep on practising was to see the reactions of people. To me they were a living proof of "Mean words not getting along with friendliness". Don't believe me? Try it yourself.